

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
AQUA COMBAT/DISC 9.00 - 10.00 WITH SUE	AQUA PYRAMID 9.00 - 10.00 WITH SUE	AQUA TABATA 9.00 - 10.00 WITH SUE	AQUA PYRAMID 9.00 - 10.00 WITH SUE	AQUA EXTREME 9.00 - 10.00 WITH SUE		<b>Summer Program</b> All classes are free to members. Non members 7Eu. Classes are not included in swim only membership or day passes	
PILATES 8.30 - 9.30 WITH KATHY	TENNIS COACHING 9.00 - 10.30 WITH NIK		PILATES BEGINNERS 8.45 - 9.45 WITH KATHY		H.I.I.T 10.00 - 11.00 WITH NICK		
		FITBALL 8.30 - 9.30 WITH KATHY		PILATES - ADVANCED 8.45 - 9.45 WITH KATHY		<b>ONLINE BOOKING</b> - If you do not have your Username & Password, please see a member of our Reception team. Each person requires an individual email address * Please do not book for anyone else as any duplicate bookings will be deleted by Reception. * Please do not bring lists of classes to Reception to book for you. * Any membership under 1 month does not include classes  <b>PILATES/FITBALL: A MEMBER CAN TAKE 2 OUT OF 4 CLASSES</b> <b>ZUMBA: A MEMBER CAN TAKE 2 OUT OF 4 CLASSES</b> <b>VERY IMPORTANT INFORMATION</b> <b>IF YOU CAN NOT ATTEND A CLASS, PLEASE GO INTO YOUR LOGIN ON THE SYSTEM, GO TO CLASSES AND CANCEL YOUR BOOKING FROM THERE.</b>	
DANCERCISE 9.45 - 10.45	DRUM FIT 9.30 - 10.30 WITH VIKI	ABSOLUTE ABS 9.45 - 10.30 WITH NICK		TENNIS COACHING 9.00 - 10.30 WITH NIK			
	GYM CIRCUITS 10.00 -11.00 WITH NICK		ZUMBA 10.00 - 11.00 WITH VIKI	TRX 10.00 -11.00 WITH NICK			
YOGA-INTERMEDIATE 11.00 - 12.00	BODYSHAPE 10.30 - 11.30 WITH VIKI	CIRCUITS BEGINNERS 11.45 - 12.30 WITH NICK	Mindfulness & Meditation 10.30 - 11.30 WITH CAROL				
STRENGTH TRAINING 11.00 - 12.00 WITH NICK		ZUMBA 10.30 - 11.30 WITH SUE	LEGS, BUMS & TUMS 11.15 - 12.15 WITH VIKI	DANCERCISE 11.15 - 12.15			
		YOGA-BEG/INTER 12.30 - 1.30					
		Boot Camp 16.00 - 17.00 WITH NICK					
<b>** PRIVATE CLASSES AT SPA TONIC**</b>							
These classes are at a charge of 7euro per person and not part of Memberships							
Trampoline, Kids Zumba - Book online & you will see times of classes							

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